Good News For Homemakers

By Shirley W. Walton
Extension Agent

GREEN BEANS

Green beans are plentiful in gardens now. Because of many questions, I wish to share this information with you.

Select beans with a fresh, bright appearance with good color for the variety. Get young, tender beans with pods in a firm, crisp condition.

Avoid wilted or flabby bean pods, serious blemishes and decay. Thick, tough, fibrous pods indicate overmaturity.

A bushel of snap beans weighs about 30 pounds and will yield 18 to 20 quarts of canned or frozen beans.

Wash beans and drain. Cut or break off ends; cut or break into 1 or 2-inch pieces. Slice lengthwise for french-style beans.

CANNING BEANS

RAW PACK - Pack raw beans tightly to 2 inch to top. Add 2 teaspon salt to pint jars; 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch headspace. Remove air bubbles by running spatula or knife between fod and jar. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240 degrees F.)

Pint jars.....20 minutes
Quart jars.....25 minutes

HOT PACK. Cover cut beans with boiling water and cook for 5 minutes. Pack hot beans loosely to ½ inch of top of jar. Add ½ teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling-hot liquid, leaving ½-inch headspace. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240 degrees F.)

FREEZING BEANS

Heat beans in boiling water for 3 minutes in a blancher or in a wire basket in a large kettle. Work with small quantities of beans for best results. Use at least 1 gallon of boiling water for each pound of prepared beans. Put beans in blanching basket or wire basket and lower into the boiling water. Cover and start timing immediately.

After 3 minutes, plunge basket containing beans into a large quantity of cold water (60 degrees F. or below) to stop the cooking. Allow 5 minutes for cooling.

Drain thoroughly. Pack beans, leaving ½-inch headspace.

Seal. Freeze; store at 0 degrees or below.

Should you have a preservation question or problem, call the Appomattox County Extension Office (352-8244). It is always a pleasure to help you. Have a good week!

Food Preservation Tip of the Week

To freeze cabbage, select solid, green heads with crisp leaves. Wash, discard the course outer leaves and cut the head into wedges or shred rather coarsely. Scald (or blanch) the wedges 3 minutes or the shredded cabbage for 1½ minutes. Cool, drain, and package the same as lima beans. Frozen cabbage is not suitable for use in cole slaw or salads, but is delicious cooked or in casseroles.

RECIPE OF THE WEEK
Stefanie's Zucchini Bread

3 cups sifted flour
1 teaspoon ground cinnamon
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
3 eggs
2 cups sugar
1 cup oil
1 tablespoon vanilla
2 cups grated, unpared zucchini
1 cup chopped walnuts

1. Sift together flour, cinnamon, baking powder, baking soda and salt.
2. Beat eggs well in bowl.
3. Gradually add sugar and oil, mix well.
4. Add vanilla and flour mixture. Stir well.
5. Stir in grated zucchini
6. Stir in walnuts.
7. Pour into 2 greased loaf pans.
8. Bake in pre-heated 350 degree oven for 1 hour. Cool for 10 minutes.

Thanks to Stefanie Somers for sharing this delicious recipe with us.

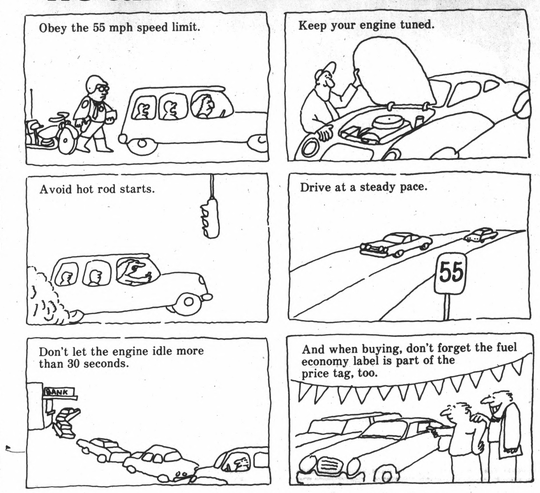
EXTENSION HOMEMAKERS CALENDAR - JULY

3 - Meadowlark (7:30 p.m.)
4 - Independence Day
7 - Henny Penny
11 - Macrame Workshop - Extension Office (7-9 p.m.)
16 - County Line
17 - Country Lane (7:00 p.m.); Pamplin Workshop - Macrame & Chair Seat Weaving (6:30 - 8:30 p.m. - Pamplin Fire House)
18 - Wreck Island (1:30 p.m.)
26 - Chair Seat Weaving - Extension Office (7-9 p.m.)
25 - Pamplin Workshop - Macrame & Chair Seat Weaving (6:30 - 8:30 p.m. - Pamplin Fire House)

Lucille Ball says, "Give a gift of you. Be a Red Cross Volunteer."

WE'RE FIGHTING FOR YOUR LIFE
Exercise Regularly
The American Heart Association

ENERGY. We can't afford to waste it.



FARM EQUIPMENT **AUCTION** ANTIQUES

Having sold his farm, Mr. Henry C. Ellyson is selling the following farm equipment and beautiful antiques at PUBLIC AUCTION

SATURDAY, JULY 14, 1979 AT 11:00 A.M.

LOCATION: From Pamplin, Va., take Route 47, South approximately 7 mile, turn right on Route No. 793 and follow to sale, Watch for Auction Signs.

1-880 World Brown 1965 Tractor W/Front End Loader, 1976 Ford Pickup, Custom 100, Bush Hog, Double 12 Bottom Plow, Drag, Cultivator, Bush & Bog Disk, Pump and 3 Barrels, Milk Can, Old Cider Barrel, 3 Point Hitch Pan, 2 Screw Jacks, 3 Point Hitch Lift, Old Bath Tub, Oil Heaters at Barn, Lot of Tobacco Sticks, Metal Ice Chest, Windsor Fan, Outdoor Grill, Old Iron 30 Gal. Pot, Tiller Tool, Old Shoe Last, Kitchen Cabinet, Lot of Old Tables, Old Dough Tray, Beautiful Old Glass Front Cupboard, 2 Old Preserve Stands, Lot of Old Crystal, Lot of Other Glass, Old Oil Lamps, Lot of Old Stone Crocks, Kitchen Utensils, 2 Chest of Drawers, Lot of Old Mirrors, Lot of Old Chairs, Old Clawfoot Rocker, Sev. Old Rockers, Old Spool Bed, Old Dresser, Old Cedar Blanket Chest, Old Cedar Wardrobe, Old Hall Rack, Picture Frames, Lot of Old Tables, Old Books, Old Wooden Bucket, Old Love Seat, Singer Sewing Machine, 2 Old Trunks, Wicker Chair, Old Washstand, Old Iron Bed, Wood Heater, Full Set of Willow China, 60 Gal. Iron Pot, Lot of Glass Compotes, 1 Full Set of Beautiful China, Lot of Other Nice China and Other Items Too Numerous to Mention.

TERMS: CASH
LUNCH WILL BE AVAILABLE

Look the Property Over and Make Plans to Attend this Valuable Sale.
FOR FURTHER INFORMATION CONTACT:
MR. HENRY C. ELLYSON - PHONE 248-6535 OR

GEORGE'S, INC.
PHONE 352-5534 or 352-5274
APPOMATTOX, VA. 24522

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ACHS Honor Roll

FOR THE SECOND SEMESTER

A HONOR ROLL

Seniors - Kimberly Booker, Susan Campbell, Beth Carter, Jan Coggins, Karen Fratrick, Garlene Gaines, Molly Handy, Benny Harvey, Sue Lawson, Tamara Nash, Rita Reynolds, Cindy Roach, Michelle Tweedy.

Juniors - Dale Garrett, Danny Harvey, Tammy Womack.

Sophomores - Kim Coggins, Keith Dickerson, Nugene Harvey, Phillip Jacobs, Michelle Martin.

Freshmen - Bruce Sanders

B HONOR ROLL

Seniors - Ronnie Abernathy, Cheryl Conner, Sherrie Covington, Mildred Crews, Chuck Davis, Gail Doss, Donna Fleshman, Joe Fraley, Peggy Handy, Sherri Harris, Chris Johnson, Gordon Lawson, Wanda McCormick, Juanita Patterson, Sharon Roach, Pam Smith, Theresa Watts, Barbara Wenning, Dave Williams, Tim Guill, Kathy Johnson

Juniors - Pam Guill, Teresa Campbell, Steve Cobb, Melinda Davis, Laurie McLean, Tim Marshall, Lori Mitchell, Lisa Moore, Rhonda Nash, Debbie Roach, Linda St. John, Robin Spiggle, Barbara Watson, Sharon White, Judy Zimmerman.

Sophomores

Sophomores - Herbert Allen, Tammy Bates, Duane Blanks, Mike Campbell, Karen Covington, Jayne Doss, Stephanie Ferguson, Dana Ford, Tammy Jamerson, John Jimison, Karen Johnson, Richard Jones, Carroll Kanipe, Debbie Lawson, Virginia Mayberry, Sabrina Richardson, Susan Shorter, Cindy Simpson, Allen Smith, Jean Thomas, Timmy Tolley, Cheryl Walton, Lisa Wenning, Tommy Williams

Freshmen - Toby Brennan, Ken Caldwell, Kim Carter, Sharon Cheatham, Elizabeth Coffey, Robert Coleman, Gloria Ferguson, Diane Franklin, Wendy Gagneur, Tommy Gilliam, Sue Granato, Eva Hamlett, Darlene Howard, Robert Hubbard, Debbie Johnson, Janice Richardson, Pam Robertson, Jerry Scruggs, Connie Tolley, Debbie Watson, Tamara White.

HONORABLE MENTION

Seniors - Mark Chevalier, J. C. Davidson, Shelby Dunnam, Mary Dyess, June Harris, Lynn Lipford, Freddy Mitchell, Bobby Mitchell, Ricky Mitchell, Sharon Overton, Pam Phelps, Tammy Stanley, David Stratton, Linda Torrence, Jill Walton

Juniors - James Beale, David Caldwell, Margie Coleman, Linda Cowan, Tim Marshall, Yolanda Miller, Mark Paulette, Phil Paulette, Pam Shrock, Gina Kriedel, Sandra Ferguson, Pam Ford, Martha Garrett, Robert Harding.

Sophomores - Shane Abernathy, Jane Almond, Nancy Beane, John Caldwell, Bruce Drinkard, Bridget Franklin, Ned Jennings, Marvin Johnson, Kathy Lewis, Bobbie McFaden, Steve Mayberry, Margaret Moore, Jackie Pankey, Jonathan Pickett, Sandra Reynolds, Dennis Stratton, Ralph Totty, Kim Wade, Dana White

Freshmen - Buddy Allen, Erma Austin, Connie Campbell, Cheryl Davis, Thomas Drewry, Richard Guill, Lourdes Garcia, Susan George, Jimmy Gilliam, Jane Guill, Richard Guill, Mary Hudson, Denise Jackson, Keith Leonard, Keith Mann, Robbie Martin, Donna Pulliam, Donna Robinson, Terri Robinson, Mike Seamster, Tommy Smith

Honor Roll for the Year

A HONOR ROLL

Seniors - Beth Carter, Jan Coggins, Karen Fratrick, Garlene Gaines, Molly Handy, Benny Harvey, Sue Lawson, Tamara Nash, Rita Reynolds, Cindy Roach, Michelle Tweedy

Juniors - Dale Garrett, Laurie McLean, Tammy Womack, Pam Guill

Sophomores - Kim Coggins, Keith Dickerson, Nugene Harvey, Phillip Jacobs, Susan Shorter, Cheryl Walton.

Freshmen - Darlene Howard and Bruce Sanders.

B HONOR ROLL

Seniors - Ronnie Abernathy, Janet Booker, Susan Campbell, Mark Chevalier, Cheryl Conner, Sheeri Covington, Mildred Crews, Chuck Davis, Gail Doss, Donna Fleshman, Willis Fleshman, Joe Fraley, Tim Guill, Peggy Handy, Sherri Harris, Chris Johnson, Kathy Johnson, Gordon Lawson, Wanda McCormick, Timmy Martin, Juanita Patterson, Sharon Roach, Pam Smith, Theresa Watts, Ricky Mitchell, Renee' Williams.

Juniors - David Caldwell, Teresa Campbell, Steve Cobb, Melinda Davis, Tim Marshall, Lori Mitchell, Lisa Moore, Rhonda Nash, Debbie Roach, Linda S. John, Robin Spiggle, Barbara Watson, Sharon White, Judy Zimmerman, Danny Harvey.

Sophomores - Shane Abernathy, Herbert Allen, Tammy Bates, Duane Blanks, John Caldwell, Mike Campbell, Karen Covington, Jayne Doss, Bruce Drinkard, Stephanie Ferguson, Dana Ford, Tammy Jamerson, Ned Jennings, John Jimison, Karen Johnson, Richard Jones, Carroll Kanipe, Debbie Lawson, Kathy Lewis, Michelle Martin, Sabrina Richardson, Cindy Simpson, Jean Thomas, Timmy Tolley, Lisa Wenning, Tommy Williams.

Freshmen - Ken Caldwell, Kim Carter, Sharon Cheatham, Elizabeth Coffey, Robert Coleman, Gloria Ferguson, Diane Franklin, Steve Garrett, Tommy Gilliam, Sue Granato, Eva Hamlett, Darlene Howard, Robert Hubbard, Mary Hudson, Debbie Johnson, Robbie Martin, Janice Richardson, Jerry Scruggs, Connie Tolley, Tamara White.

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Seniors - J. C. Davidson, Shelby Dunnam, Mary Dyess, Cheryl Elliott, Penny Elliott, June Harris, Donna Hodges, Karen Jefferson, Kavid Kembel, Lynn Lipford, Freddy Mitchell, Bobby Mitchell, Sharon Overton, Pam Phelps, Gail Ragland, Tammy Stanley, David Stratton, Linda Torrence, Jill Walton, Barbara Wenning, Dave Williams.

Juniors - James Beale, William Chenault, Margie Coleman, Linda Cowan, Sandra Ferguson, Pam Ford, Martha Garrett, Robert Harding, Gina Kriedel, Yolanda Miller, Phil Paulette, Pam Shrock

Sophomores - Jane Almond, Nancy Beane, David Day, Bridget Franklin, Marvin Johnson, Steve Mayberry, Virginia Mayberry, Jackie Pankey, Jonathan Pickett, Sandra Reynolds, Allen Smith, Dennis Stratton, Ralph Totty, Dana White.

Freshmen - Sandra Alderson, Buddy Allen, Erma Austin, Warren Baldwin, Toby Brennan, Connie Campbell, Thomas Drewry, Walter Drewry, Leigh Duncan, Wendy Gagneur, Lourdes Garcia, Jimmy Gilliam, Billy Goodrich, Lynn Gordon, Jane Guill, Richard Guill, Denise Jackson, Mark Martin, Donna Pulliam, Christina Robertson, Pam Robertson, Donna Robinson, Terri Robinson, Mike Seamster, Tommy Smith, Roy Trent and Debbie Williams.

Bowers Receiving Pratical Leadership Training at Fort Bragg

FORT BRAGG, N.C. - June 27 - Cadet James E. Bower, son of Mrs. Margaret B. Shields, Appomattox, Va. is receiving practical work in military leadership at the Army ROTC Advanced Camp at Fort Bragg, N.C.

The six-week training includes instruction in first aid, communications, marksmanship, orienteering, weapons, weapons systems, defensive and offensive tactics, recondo techniques and numerous other areas.

Most cadets are fulfilling their advanced camp requirement during the summer between their junior and senior years in college. The successful completion of the advanced camp and graduation from their respective college or university will result in the student being commissioned a second lieutenant in the Active Army or the U.S. Army Reserve or National Guard.

Bower is a student at Virginia Military Institute, Lexington, Va.

His father, James M. Bower, lives at 55 Pharr Road NW, Atlanta, Ga.

Canaan Baptist

Regular preaching service Sunday July 8th - 11:30 a.m. Rev. C. L. Elliott is the pastor in charge of the service. The Senior Choir will furnish the music.

Sunday evening, July 8 at the 7:30 p.m. the Senior Choir will celebrate their anniversary. We expect other choirs to help us. Make this occasion a success. Please come and worship with us for all services.

Burnett to Preach at Providence

The Rev. Omar Burnett will hold revival services at Providence Baptist Church in Red House July 8 - 13, 1979. Services will be held at 8:00 p.m. nightly with special music by the choir and guest musicians each evening.

You and your family are cordially invited to attend each of these services and hear this great man of God bring a timely message at every service.

Brother Burnett served Providence Church for more than ten years as Pastor and it is our privilege and pleasure to have him once again as our guest evangelist. He is a much loved man because of his personality and his preaching, as well as for many other reasons, and you will not want to miss a single service.

So, come join us each night of the revival and be spiritually revived and renewed!

Birth Announcement

Mr. and Mrs. Gordon Ford are proud to announce the birth of a seven pound twelve ounce baby girl, Dawn Renee, born the 16th of June, 1979.

Maternal grandparents are Mr. and Mrs. David W. Carter and paternal grandparents are Mr. and Mrs. Paul F. Ford, all of Appomattox.

Buy U.S. Savings Bonds through the Payroll Savings Plan.

Rubber stamps and stamp pads on sale at The Times Virginian, Phone 8215.

FOR SALE: Magnetic Signs for your car or truck. The Times Virginian, Phone 352-8215.

A.J. SKATEWORLD
WELCOME TO OUR WORLD
352-2270
ROUTE 24 – APPOMATTOX, VA.

NEW Schedule

Sunday-8:00 P.M. to 11:00 P.M.
Monday—PRIVATE PARTIES
Tuesday—PRIVATE PARTIES
Wednesday—Fun Night
8:00 P.M. to 11:00 P.M.
Thursday—8 P.M. to 11:00 P.M.
Friday—7 P.M. to 10:00 P.M.
9 P.M. to 12:00 P.M.
Saturday—1:00 P.M. to 4:00 P.M.
AFTERNOON
7 P.M. to 10:00 P.M.—9 P.M. to 12:00 P.M.

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